



City of Long Beach
Working Together to Serve

Memorandum

Date: October 1, 2018

To: Patrick H. West, City Manager *T.M.*

From: Kelly Colopy, Director of Health and Human Services *KC*

For: Mayor and Members of the City Council

Subject: Health Department to Hold Several Flu Vaccination Clinics as Influenza Activity Increases

To ensure access to free flu shots in the coming season, the Health Department will be hosting several flu vaccination clinics throughout Long Beach. All clinics are free and no appointment is needed. The first clinic will take place on Saturday, October 27, from 9 a.m. to 2 p.m. at Veterans Memorial Stadium located at 5000 E. Lew Davis Street. This will be the largest clinic in Long Beach and attendees will have the option of receiving their vaccines without getting out of their cars. The following is the schedule of clinics:

<i>Date</i>	<i>Time</i>	<i>Location</i>
Saturday, October 27 th	9 a.m. to 2 p.m.	Veterans Memorial Stadium, 5000 E. Lew Davis St.
Tuesday, October 30 th	12 to 4 p.m.	CSULB (next to the bookstore), 1250 Bellflower Blvd.
Thursday, November 1 st	9 a.m. to 12 p.m.	Scherer Park, 4600 Long Beach Blvd.
Monday, November 5 th	12 to 4 p.m.	CSULB (next to the bookstore), 1250 Bellflower Blvd.
Tuesday, November 6 th	9 a.m. to 12 p.m.	McBride Park, 1550 Martin Luther King Jr. Avenue
Thursday, November 9 th	9 a.m. to 12 p.m.	El Dorado Teen Center, 2800 Studebaker Road
Monday, November 12 th	9 a.m. to 12 p.m.	Bixby Park, 130 Cherry Avenue
Wednesday, November 14 th	9 a.m. to 12 p.m.	Ramona Park, 3301 E. 65th St.

The Health Department asks all partners to assist with this year's flu awareness and prevention efforts by doing the following:

- Get vaccinated yourself!
- Encourage residents to obtain flu vaccinations at any of the Health Department's free clinics
- Cross promote/repost Health Department social media @LBHealthDept or by using #FightFluLB

The Health Department also recommends that all persons take the following actions to prevent getting or transmitting the flu:

- Get the flu vaccine: this is the number one way to avoid flu, or lessen your symptoms if you do become ill.
- Avoid close contact with people who are sick.
- Stay home from work or school if you are sick.
- Cover your mouth and nose with a tissue or the inside of your arm when you cough or sneeze.
- Wash hands with soap and water, or use hand sanitizer frequently.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If you get the flu, take antiviral drugs if your doctor prescribes them.

Flu shots are recommended for anyone six months of age and older. Vaccination is especially important in reducing severe illness in high-risk persons such as young children, pregnant women, people with chronic conditions such as asthma, diabetes or heart and lung disease, and people 65 years and older.

In addition to the free flu clinics, flu shot appointments at the Health Department can be scheduled by calling (562) 570-4315 during regular business hours. A small administrative fee, covered by most insurance providers, will apply at the time of the appointment. Adults with Medicare Part B or other insurance are urged to bring their Medicare/insurance card to their appointment. Parents should bring their children's immunization records, as some children will need two doses of the vaccine given one month apart depending on their immunization history.

For more information about the 2018-2019 flu season, visit: <http://www.longbeach.gov/flu> or visit our [Facebook event page](#).

Attachments

cc: CHARLES PARKIN, CITY ATTORNEY
LAURA DOUD, CITY AUDITOR
TOM MODICA, ASSISTANT CITY MANAGER
KEVIN JACKSON, DEPUTY CITY MANAGER
REBECCA JIMENEZ, ASSISTANT TO THE CITY MANAGER
DEPARTMENT HEADS



PROTECT YOURSELF
AGAINST THE FLU!



GET YOUR
FLU SHOT!



City of Long Beach Department of Health & Human Services and Red Cross Volunteers Services



FREE FLU SHOTS



2018 SCHEDULE

With confirmed cases of influenza already being reported, your Long Beach Health Department encourages everyone 6 months and older to receive a flu vaccine every year.

Saturday, October 27th (9-2:00PM)

LBCC Veterans Stadium
5000 East Lew Davis St.
Long Beach, CA 90806



DRIVE
THRU
OPTION

Tuesday, November 6th (9-12:00PM)

McBride Park
155 Martin Luther King Jr. Ave.
Long Beach, CA 90806

Tuesday, October 30th (12-4:00PM)

Cal State Long Beach (next to bookstore)
1250 Bellflower Blvd.
Long Beach, 90840

Friday, November 9th (9-12:00PM)

El Dorado Park Teen Center
2800 Studebaker Rd.
Long Beach, CA 90815

Thursday, November 1st (9-12:00PM)

Scherer Park
4600 Long Beach Blvd.
Long Beach, CA 90805

Monday, November 12th (9-12:00PM)

Bixby Park
130 Cherry Ave.
Long Beach, CA 90802

Monday, November 5th (9-2:00PM)

Cal State Long Beach (next to bookstore)
1250 Bellflower Blvd.
Long Beach, 90840

Wednesday, November 14th (9-12:00PM)

Ramona Park
3301 E. 65th St.
Long Beach, CA 90805

Appointments will also be accepted at our Main Health Facility (2525 Grand Avenue) by calling 562-570-4315 (a small administrative fee may apply). Adults with Medicare Part B or other health coverage are urged to bring insurance cards with them.

For more information, please visit us at
www.longbeach.gov/health or call 562-570-SHOT (7468).



LONG BEACH
HEALTH & HUMAN SERVICES



**PROTÉJASE
CONTRA LA GRIPE**

**OBTENGA SU VACUNA
CONTRA LA GRIPE**



Departamento de Salud y Servicios Humanos de Long Beach y La Cruz Roja

VACUNAS GRATIS! CONTRA LA GRIPE

HORARIO 2018

Con los casos de influenza ya confirmados, su Departamento de Salud de Long Beach recomienda a todos de 6 meses de edad o más a que reciban una vacuna contra la gripe cada año.

Sábado, 27 de Octubre (9-2:00PM)

LBCC Veterans Stadium
5000 East Lew Davis St.
Long Beach, CA 90815

*opción de
pasar en
su coche*

Martes, 30 de Octubre (12:00-4:00PM)

Cal State Long Beach
1250 Bellflower Blvd.
Long Beach, CA 90840

Jueves, 1 de Noviembre (9-12:00PM)

Scherer Park
4600 Long Beach Blvd.
Long Beach, CA 90805

Lunes, 5 de Noviembre (9-2:00PM)

Cal State Long Beach
1250 Bellflower Blvd.
Long Beach, CA 90840

Martes, 6 de Noviembre (9-12:00PM)

McBride Park
155 Martin Luther King Jr. Ave.
Long Beach, CA 90806

Viernes, 9 de Noviembre (9-12:00PM)

El Dorado Park Teen Center
2800 Studebaker Rd.
Long Beach, CA 90815

Lunes, 12 de Noviembre (9-12:00PM)

Bixby Park
130 Cherry Ave.
Long Beach, CA 90802

Miércoles, 14 de Noviembre (9-12:00PM)

Ramona Park
3301 E. 65th St.
Long Beach, CA 90805

Citas también serán aceptadas en nuestro Centro de Salud Principal (2525 Grand Avenue) llamando al 562-570-4315 (se puede aplicar un cobro pequeño). Los adultos con Medicare Parte B o otra cobertura de salud, se recomienda llevar tarjetas de seguro con ellos.

Para más información, visítenos en
www.longbeach.gov/health o llámenos 562-570-SHOT (7468).



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